

# CITY SPOTLIGHT

City Spotlight, August 17, 2015

## Seniors Take to Airwaves to Support Healthy Norfolk

Healthy Norfolk is one of the city's priorities and includes working with partners to improve healthy options for residents of all ages. That's part of the reason NorfolkTV partnered with Primeplus Senior Center to produce "Forever Fit" a new exercise series for seniors to view in the comfort of their home.

"Forever Fit" features low-impact workouts specifically designed for older participants. Over the course of two days of studio taping, local seniors worked out hard and had a lot of fun along the way to create a series of eight shows that began airing in early July (on channel 48 on Cox inside Norfolk and streamed live on [www.norfolk.gov](http://www.norfolk.gov)). The eight new shows will rotate along with NorfolkTV's previous low-impact exercise offerings at 9 am and 3 pm most days.

The stars of "Forever Fit" came from the increasingly popular Stretch, Flex and Tone Class, led by Primeplus Fitness Coordinator Peyton Richards at the Norfolk Fitness and Wellness Center. Richards created a series of progressive classes to help her students maintain their mobility during her weekly fun-filled exercise routines. These classes have changed the lives of many of the older adults who participate, elevating both their fitness levels AND their spirits," said Richards. Read more at the Come Home to Norfolk blog.

<http://www.norfolk.gov/Blog.aspx?IID=497#item>



## Firefighters Face Challenging Conditions Battling Fire

On August 5, Fire-Rescue responded to a challenging fire at a motel on Shore Drive. Firefighters were confronted with a fast moving fire that was spreading in two separate directions.

This fire spread and had to be stopped in both directions, requiring large amounts of water from ladder truck elevated streams and about 60 firefighters from Norfolk and Navy Region Mid-Atlantic (Little Creek - Fort Story).

Compounding the challenge was a weather heat index above 100 degrees. Firefighters performed their duties well and no serious injuries occurred. Norfolk wishes to thank our mutual aid partners: Virginia Beach; Chesapeake and Navy Region Mid-Atlantic (Norfolk) for their support in our Norfolk fire stations while on-scene crews battled this blaze.



## **Students and Cadets Participate in STEMsational Workshop**

Norfolk Redevelopment and Housing Authority partnered with the U.S. Military Academy at West Point, Research Lab, and the federal Dept. of Housing and Urban Development to bring cutting edge science, technology, engineering and math (STEM) skills via robotics to 6<sup>th</sup> to 8<sup>th</sup> graders who reside in assisted-rental housing.

Under the instruction of a West Point mathematics professor and four cadets, about 40 students built, programmed and competed with VEX IQ robots in a STEM-based workshop held at the Ray and Joan Kroc Center recently. The workshop is part of an overall program to expose cadets to residents in assisted-rental communities, as well as to the educational and workforce development programs designed to move residents toward economic self-sufficiency.

## **Battleship Wisconsin Serves as Location for Sci-fi Adventure**

On July 30 and 31, Richmond-based Ultra Fuchsia Films shot several key scenes for their upcoming feature, *ASSASSINAUT* onboard the Battleship *Wisconsin*.

The ship's navigation bridge, captain's cabin, combat engagement center and several hallways served as doubles for the interior of a spaceship. *ASSASSINAUT* will complete shooting later this month at other locations around Virginia.



## **MacArthur Memorial Archives to Be Featured on Japanese Television**

NHK, Japan's version of PBS, recently visited the MacArthur Memorial to film items in the memorial's archives that relate to Operation Blacklist, the codename for the Allied plans for the Occupation of Japan in 1945. The footage will be used in programs related to the 70<sup>th</sup> Anniversary of the Occupation of Japan that begins on September 2, 2015.

General Douglas MacArthur was in charge of the Occupation of Japan, so the crews came to Norfolk to highlight the resources about Operation Blacklist that are in the memorial's archives.

Each year television crews from around the world visit the Memorial to film the collection and conduct interviews for future programs.

## **Norfolk Hosts Discover New Markets Seminar**

Business owners from around Hampton Roads attended the region's first export seminar hosted by the Dept. of Development at the Slover Library in May. "Discover New Markets" provided local business owners a one-on-one introduction to the local, federal and state tools and services to help them expand into the global market.

"Discover New Markets" is part of the city's Norfolk First Initiative, which includes a Global Initiatives Fund, the first municipal government-administered capital pool of its kind in the country.

<http://norfolkdevelopment.com/home2/about-norfolk-first>

## **Find Your Place: View site selection tools and commercial corridor information here in Norfolk**

New this fall, Norfolk is partnering with GenEdge Alliance to deliver *ExporTech*, a national program to assist local manufacturers in entering or expanding into the global marketplace. ExporTech is affiliated with the U.S. Department of Commerce under the Manufacturing Extension Partnership. Norfolk is the first locality in the Commonwealth to host this national exporting program. For information on ExporTech visit <http://www.nist.gov/exportech/> For more information, go to the Department of Development's website, [www.norfolkdevelopment.com](http://www.norfolkdevelopment.com)

## **Teachers Get Lesson at MacArthur Memorial**



MacArthur Memorial put on an all-day teacher institute focusing on World War II in the Pacific in July. The Memorial's annual institute featured guest speaker Dr. Stephen Johnson from the Defense POW/MIA Accounting Agency talked about the war and the ongoing efforts to locate and identify American servicemen still unaccounted for from that war. Teachers also received a behind the scenes tour of the museum and archives.

The free institute was sponsored by the MacArthur Memorial, the

Hampton Roads Naval Museum, and the Virginia War Memorial and was open to public and private school teachers of US and VA/US history.



## Norfolk Police Host Summer Senior Academy

Norfolk Police Crime Prevention and Community Resource Officer's completed a five week Senior Academy for the residents of the Village Garden Apartments. Residents were presented timely and practical information on how to best look out for their neighbor and avoid the latest senior related scam. Village Garden residents were also introduced to a variety of demonstrations and displays from specialty units, to include K-9 and Forensics. The senior residents shared that the academy made them feel more secure about protecting themselves.

## Senior Pet Adoption Program Helps Older Adults and Pets

When 12-year-old "Frisky's" owner moved away, the plucky rat terrier found himself competing for a new home with the many younger animals at the Norfolk Animal Care and Adoption Center (NACC).

According to NACC staff, senior pets are some of the most wonderful that they care for throughout the year. Programs like the *Golden Paws Senior Pet Adoption Program*, supported by the Friends of the Norfolk Animal Care Center, allow the NACC to shine a deserved light on these special creatures.

Shelter animals age 7 years and older are just \$35 to adopt. Adopters, age 65 and older, are also eligible to adopt any shelter animal, regardless of age, also for \$35. When we make a true senior-to-senior love match, as we did for Frisky and his new caretakers Richard and Mike, the entire adoption fee is subsidized by the Friends group and the adoption is free. Last year, the Golden Paws program resulted in 158 adoptions for senior residents and senior shelter pets, and we are on track for greater success this year.

For more information about the *Golden Paws Senior Adoption Program*, or how you can be a part of this life-saving effort, visit [www.friendsofnacc.com](http://www.friendsofnacc.com). When you've finished with that, check out the list of available pets at [www.norfolk.gov/nacc](http://www.norfolk.gov/nacc) to find out which pair of hopeful brown eyes may be awaiting you at the Norfolk Animal Care and Adoption Center.



## What Happens When You Drop Off HHW

The Waste Management Division of Public Works recently shipped out 1,815 gallons of HHW (Household Hazardous Waste) consisting of automobile fluids, latex and oil based paints, cooking oil, corrosives, acids, oxidizers, anti-freeze, and



flammable liquids dropped off by Norfolk residents at the Saturday HHW collection site at 1176 Pineridge Rd. On average, some 65 citizens bring HHW materials every Saturday during the 10 am to 2 pm operating hours.

Waste Management staff begin packing preparation as soon as items are received. Materials are placed in or re-poured into secondary containment such as drums and poly pails (used for packing mercury items) and stored in a designated area.

On the shipment day, all containers were labeled with proper DOT hazardous shipment labels and loaded into the contractor's (MXI Environmental Services, LLC) truck. Typically, a shipping event occurs every three weeks. Staff members responsible for this essential event are Craig Banks, Jasmine Latimer, and Clifford Johnson.

## City and Volunteers Develop Living Shoreline

The City of Norfolk and volunteers developed a living shoreline in sections of Colley Bay along the Lafayette River to enhance the function of natural ecosystems, and provide waterfront access and educational opportunities for this residential neighborhood. For more information on Living Shorelines in Norfolk, contact Kevin DuBois at [kevin.dubois@norfolk.gov](mailto:kevin.dubois@norfolk.gov) Time Lapse Video: <https://youtu.be/pY6Js3i5GI8>

## Nauticus Summer Volunteers Do Great Things



Each summer, Nauticus looks forward to the arrival of its seasonal volunteers. This year, 50 talented young people, ages 14-17, are enhancing the visitor experience by taking on a wide variety of jobs around the museum including demonstrating how sailors cleaned the deck of the *Wisconsin* ("holystoning"), assembling ROVs (remote operated vehicles), performing science demonstrations, and assisting customers in the Banana Pier Gift shop.

Youth volunteers also help with Sail Nauticus summer camp. Many return year after year to offer their valuable assistance during Nauticus' busiest season. Whether you're helping to restore the Battleship *Wisconsin*, instructing youth groups on the water in sailing skills, showing a child how to touch a horseshoe crab, helping a guest find the perfect souvenir, or providing support to our office staff, you will be an invaluable part of our crew!

Summer isn't the only time Nauticus needs volunteers. From cleaning the Battleship to guiding visitors, Nauticus has room for volunteers of all age – both individuals and groups. Check out the <http://www.nauticus.org/get-involved/join-our-crew>

## Keep Norfolk Beautiful Plays Key Role in Clean the Bay Day

Keep Norfolk Beautiful has just turned in final numbers for the 27<sup>th</sup> Annual Clean the Bay Day and the group once again played a key role in contributing to the success of the annual event. 914 volunteers kept 26,887 pounds of debris out of the Chesapeake Bay by picking it up or digging it out. At 37 different sites, adults and children walked on beaches, in parks and kayaked to complete this huge task.

Unusual finds included a winning lottery ticket, a teddy bear and a satellite dish, while the biggest items included a headboard, a telephone pole, and a dead dolphin discovered by scouts cleaning in Ocean View. Other scouts planted wetland grasses in Highland Park. Clean the Bay Day is a tremendous way to end the Great American Cleanup season. According to Tanner Council of the Chesapeake Bay Foundation, "...it's safe to say Norfolk was the largest 'civilian' contributor this year – by a large margin. And you had Harborfest in town and everything else. Wow. Cheers. Thank you so much for being the absolute perfect, role-model CTBD partner every single year. We need your clones!"

## Walk Norfolk Week Encourages Participants to Get Active

The idea sounded audacious – walk the circumference of Norfolk (roughly 40 miles, minus the water). Walk Norfolk Week kicked off with a health fair and an inaugural walk, led by former NFL great Greg Scott. The event drew participants of all ages, from children to energized seniors.

Organized by Terrance Afer-Anderson of Norfolk Public Health, the goal was to start small the first day and then encourage participants to keep it up on their own. See comments below:

*"Walk Norfolk Week has truly encouraged me in taking more steps, I now park further from the building when possible, I go down each lane in the grocery store, even if I don't plan to get anything. These are just two ways that I increase my steps in my every day activity, without going out of my way or changing my routine. Thanks for the encouragement!"*



*"Did 3 miles (running) this morning. Soon be mowing the lawn with my Walk Norfolk Week pedometer. I'm looking forward to an even greater Walk Norfolk Week next year."*

*"The Walk Norfolk Week was a blast! It's so good to see Hampton Roads and especially the African American community catching on to being healthy and fit."*

## Berkley Historical Society to Dedicate Monument at Mt. Olive Cemetery

In late August, the Berkley Historical Society, Inc. (BHS) will dedicate a permanent three-foot tall historical monument/marker at the site with the name "Mt. Olive Cemetery" inscribed on it. Since early spring BHS has raised over \$1,500 for the monument. Currently, there is no sign at the cemetery stating its name and many are unaware of the cemetery. BHS says that the monument/maker is

designed to allow current and future generations to acknowledge the old burial ground's existence and historic importance.

The New Journal and Guide published an article about the Mt. Olive Cemetery and the work the BHS has done to promote the historic significance of the cemetery. You can read the article at

<http://www.thenewjournalandguide.com/community/local-news/410-berkley-historical-group-preserves-cemetery-s-history>

## **Norfolk Partners with Neighboring Cities and the Tides to Make Sure Fans are prepared for Emergencies**

For the third straight year, the cities of Norfolk, Virginia Beach & Chesapeake partnered with the Norfolk Tides bringing preparedness-related information to Harbor Park during Monday night's game (after getting rained out earlier in the month). Throughout the concourse, and on the giant scoreboard, folks of all ages could get information from emergency managers – both civilian and military, volunteer coordinators and the National Weather Service. The event was also supported by Virginia Secretary of Public Safety and Homeland Security, Brian Moran, who was on hand to throw out the first pitch.

## **The Traveling Artist Project**

An exhibition that pairs student artwork with that of artists is on display at the Paul Street Gallery, located inside the Titustown Recreation Center, 7545 Diven Street, and runs through the end of August.

You can check out the paintings at the Come Home to Norfolk blog

<http://www.norfolk.gov/Blog.aspx?IID=485#item>

Here are the pairings,

- Children at the Park Place Community Center studied Abstract Expressionism and artist Franz Kline with instructor Shara Wertz-Paterson.
- Children at the Huntersville Community Center studied Surrealism and artist Joan Miro with instructor Bernard Conda.
- Children at the Titustown Recreation Center studied artist Barkley L. Hendricks with instructor Bernard Conda.
- Children at the Fairlawn Recreation Center studied Abstract Expressionism and artist Jackson Pollock with instructor Leigh Babcock.

Contact Leigh Babcock at 441-1227 or [leigh.babcock@norfolk.gov](mailto:leigh.babcock@norfolk.gov) to learn more.

## **USS Mahan Sailors Plant Community Garden in Diggs Town**





A big thank you to the sailors of the USS Mahan for coming out and planting a community garden in the Norfolk Redevelopment and Housing Authority's (NRHA) Diggs Town community last week. More than a dozen men and women braved the heat and spent two days clearing the beds and planting vegetables.

The USS Mahan selected this site to benefit the children of the Boys and Girls Club, who graciously allow the sailors to use their gymnasium facilities for the sailor's PT. The sailors also held a car wash last weekend to benefit the Boys & Girls

Club and raised over \$800.

Thanks again to Command Master Chief Rioux and his amazing staff. The NRHA residents will appreciate the fresh vegetables from the garden.

## **Rotary Golf Tournament Raises More than \$5,700 for the Virginia Zoo**

The Virginia Zoo was the recipient of \$5,700 in donations after a charity golf tournament sponsored by the Sunrise Rotary Club of Norfolk, Virginia.

"This is the eighth year of the Norfolk Sunrise Rotary partnering with the Virginia Zoological Society to raise important funds to support the Zoo," comments Charlie Pfeifer, Golf Tournament Chair. "We are very fortunate to have such a wonderful facility located in Hampton Roads and we are proud to support them."

The Norfolk Sunrise Rotary has contributed more than \$61,000 to the Virginia Zoo since the inception of the partnership. "We are so appreciative of all the dedication this club has shown in supporting the Virginia Zoo and its projects, said Greg Bockheim, Executive Director of the Virginia Zoo.



## Archery in Motion

This summer, Captain's Quarters Recreation Center is hosting a pilot archery program known as Archery in Motion (A.I.M.). The program is offered to camp participants between nine and 12 years old; currently 18 campers are participating. Participants are learning several archery techniques, safety, bow components, the difference between compound and recurve bows, arrow placement, scoring and tournament play.

Archery is a fun, competitive activity that can be enjoyed for a lifetime. A.I.M. exposes participants to our newly expanded outdoor recreation program.

An expanded archery program for teens is being planned for fall 2015. To learn more, email [anna.elias-perez@norfolk.gov](mailto:anna.elias-perez@norfolk.gov).



## Drive In While You Dive In

Norfolk hosted a unique family event called "Drive In While You Dive In." This event, which was hosted at the Southside Aquatic Center, allowed attendees to watch a movie while floating in the pool. The movie shown was "Goonies." The free event was open to all and had record-breaking attendance. In addition to enjoying the movie, attendees were given an entry-level water safety presentation and received giveaways such as sunglasses featuring Norfolk's logo, glow sticks and water floats. The event was part of the city's summer movie series. Visit [www.norfolk.gov](http://www.norfolk.gov) or ask at any city recreation center to get more details.

## Waste Management Personnel Receives Virginia Uniform Summons Training

Nine employees received training on the revised Virginia Uniform Summons held on June 17 at the Police Training Center located on Military Highway. The training provides another tool for personnel already designated as Special Police Officers to support current refuse collection enforcement efforts, which ultimately helps to keep our Mermaid City clean. Typical summons violations include 14.5-4 *illegal dumping prohibited*, 14.5-5, *Unlawful to accumulate or store solid waste*, and 14.5-6 *Failure to keep property cleaned of solid waste*. Waste Management expects to begin issuing summons in July.

## Director of Public Works Rides Along with Waste Management Team

David Ricks, director of Public Works, recently went on a ride-along with a crew from the Waste Management Division. The director was not afraid to roll up his sleeves, get into the trenches and do some dirty work. Bruce Ming, refuse collector senior, was the designated Waste Management employee on the ride-along, and said the director "did very well, asked a lot of questions. You can tell by the type

of questions he asked that he has a genuine concern for the employees, and that this was not just a PR stunt.”

Ricks was impressed by the hard work and dedication displayed by the team members. The mission of the Waste Management Division is to provide quality, comprehensive and environmentally sound waste management services. Since taking the helm of Public Works this January, Director Ricks has sought to reinvigorate the entire Public Works department through the theme “Dare to be great.”

Although Public Works is the largest Department in the City of Norfolk, Ricks firmly believes in the team concept where each individual effort is vital in the effort to achieve greatness. “It’s easy to sit down behind the desk and look at numbers,” said Ricks. “But you get a better appreciation of the organization by coming out to the field and understanding what’s needed when it’s time to fight for the employees.”



## **Norfolk Emerging Leaders (NEL) Public Works Departmental Orientation**

The Department of Public Works held an orientation for the participants from the Norfolk Emerging Leaders (NEL) Program. Public Works staff wanted to welcome the participants as well as provide them with some eye opening information about the city’s largest department. Public Works Director David Ricks is a staunch advocate of the NEL Program and he wanted to provide the students with information about the mission, services, and goals of each of the department’s 10 Divisions.

Janet E. Williams, administrator of the NEL program said this year “We had an amazing group of young adults joining our workforce and I, for one, will definitely not underestimate their talents, because I genuinely believe they have a lot to bring to the table. It is a very unique opportunity for the participants to get an opportunity to completely understand what a department does, before they even work one hour.”

### ***And Box Lunch Forum***

On July 21, 2015 the Department of Public Works held its first annual Box Lunch Forum for the Department's group of 20 participants from the Norfolk Emerging Leaders Program (NEL). The forum was the brain-child of Public Works Director, David Ricks, and P.E. At the beginning of the NEL Program the Public Works Department gave the program participants a full on Orientation that explained exactly, and in great detail what the Public Works Department Mission, goals and services were.



The Public Works Department is the largest department in the City of Norfolk's municipal workforce. After the initial orientation, Director Ricks wanted to do a kind of mid-program check-up on the NEL Students, to see how they were progressing. He also wanted them to hear from our "Young Professionals" in the department because he felt that they were closer in age and the NEL participants who are mostly High School students could relate to the young professionals better for that very reason.

As it turned out the Director's vision was completely on point, because the 5 Young Professionals that presented on behalf of the Public Works Department were able to give the NEL program participants great advice about the road to success, including academic, as well as other life lessons that included what they would do differently if there was a redo in life. The Young Professionals of Public Works were able to "keep it real" to the degree that the NEL participant had plenty of questions for the panel.

Also on the Program was Darrell Crittendon, Director of RPOS (Recreation Parks and Open Spaces) which is the department that oversees the NEL Program on behalf of the City Manager. Director Crittendon stressed the importance of initiatives like the Box Lunch Forum because it gets everyone in the department involved in the success of the students and the program as well. David Ricks, was emphatic about the possibilities that even after college some of the NEL students would return to continue to make the City of Norfolk a well-managed government.